

PHYSICAL SCIENCES
GR 10 RESOURCE

*Enrichment activity that forms part of the
Gr 10 Physical Sciences 3-in-1 Class text and Study Guide.
See p. 2 MODULE 1 TOPIC 1 Unit 1 for the theory.*

**FOOD LABELLING****ENRICHMENT**

Take six different food, medicine, cosmetic and household products from your cupboard, e.g. a tin of food, a packet of cookies, a bottle of salad dressing, a container with pain tablets or other medicine, a bottle of shampoo, a bottle of all-purpose household cleaner etc.

Answer the following questions:

1. Why is it important to put a label with the ingredients of a product on its packaging?
2. Examine the label of a product in each category and write down the names of all the substances in the product.
3. Identify the preservatives and food additives in the food products.
4. Identify any products that can possibly cause an allergic reaction or any other health problem.
5. Write a short paragraph on two indigenous ways of food preservation.